



Welcome



Thank you for your interest in this survey, which is:

- about your wellbeing ...
- ... and a wide range of other things that could affect it.
- **15 20 minutes** long.
- anonymous and confidential.
- part of a research project at The London School of Economics (LSE).

Your completion of the survey represents your consent to serve as a subject in our research study. *If you're under 18, please get consent from a parent or guardian before continuing.*



Want to know more? See more details now, or click 'Help & information' at the top right of any page.

Start survey »



Help & information

What will I be asked?

The first third of the survey has questions about your general wellbeing and life satisfaction.

The remaining two thirds is about a wide range of other things that might be connected to your wellbeing. This part includes questions on: your home and local area, use of countryside and green spaces, exercise, basic demographics (age,



🚺 Got a question, concern, comment, or technical problem?

Please don't hesitate to contact us.

- Email: g.j.mackerron@lse.ac.uk
- Call: 020 7106 1229 (ask for George)
- Or Skype: gmackerron—text chat or call (both are free of charge, but you must have Skype set up)

sex, employment, income, etc.), religion, politics, family background, and a few others.

What will you do with my responses?

We're looking at people's wellbeing and how this may be connected to a wide range of different factors. Once everyone has completed the survey, we'll use various statistical methods to see what their combined responses can tell us about these relationships.

If you're curious to see what we find, please come back from time to time.

We'll make our findings available here—http://uk.wellbeingsurvey.org.uk—as soon as they're ready. We also hope to present our findings in academic journals and conferences, and to make sure policy makers are aware of anything relevant.

In any case, we'll never show any individual's responses—only information at the group level.

Will you know who I am?

No. We don't ask for your name or contact information at any point. Some of the information we do ask for might in principle be used to help identify you, but we promise never to use it for this purpose, and we'll never disclose it to anyone else.

Who are you?

We're George MacKerron and Dr Susana Mourato,

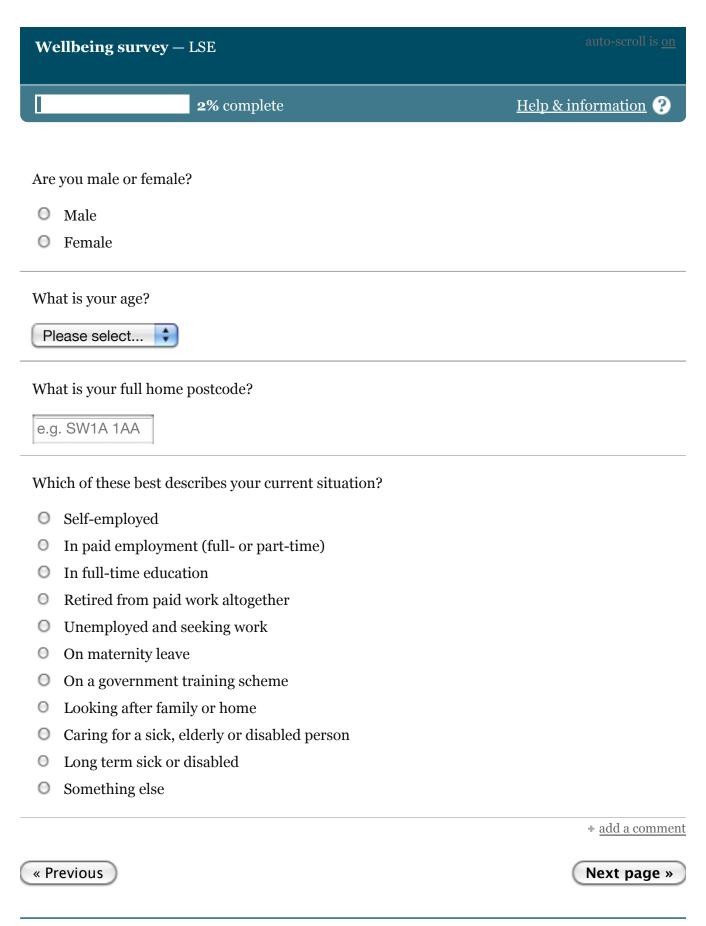
researchers in the Department of Geography & **Environment** at the London School of Economics.

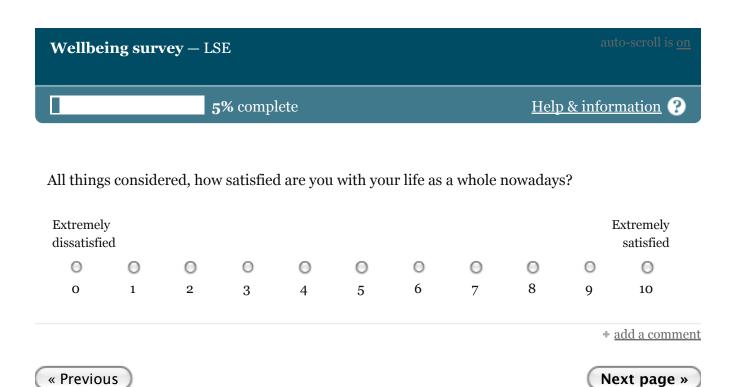


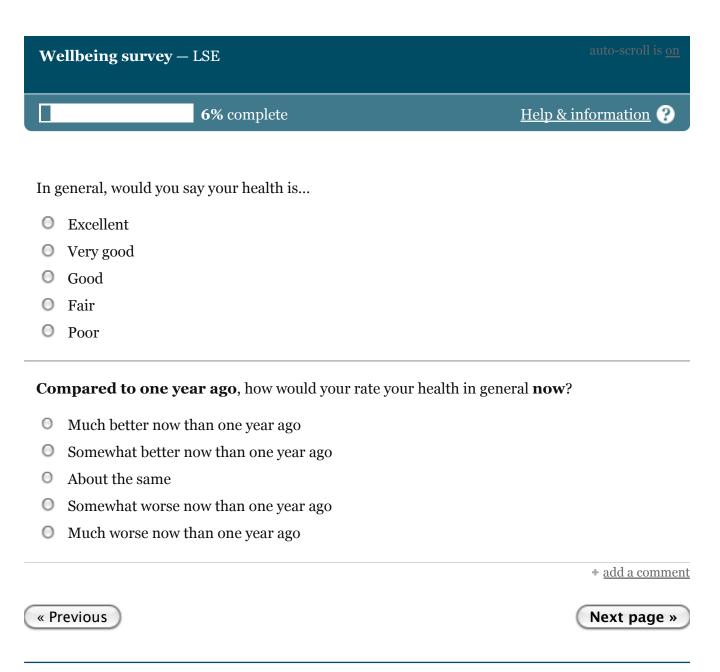
Department of Geography & Environment London School of Economics Houghton Street London WC2A 2AE



1 Please <u>close this window or tab</u> to return to the survey.







9% complete

Help & information ?



The following items are about activities you might do during a typical day.

Does your health now limit you in these activities? If so, how much?

Vigorous activities, such as running, lifting heavy objects, participating in strenuous sports

Yes, limited a lot Yes, limited a little No, not limited at

all

Moderate activities, such as moving a table, pushing a vacuum cleaner, bowling, or playing golf

Yes, limited a little Yes, limited a lot

No, not limited at

all

Lifting or carrying groceries

Yes, limited a lot

Yes, limited a little

No, not limited at all

Climbing **several** flights of stairs

Yes, limited a lot

Yes, limited a little

No, not limited at

all

Climbing one flight of stairs

0

Yes, limited a lot

Yes, limited a little

No, not limited at

all

Bending, kneeling, or stooping

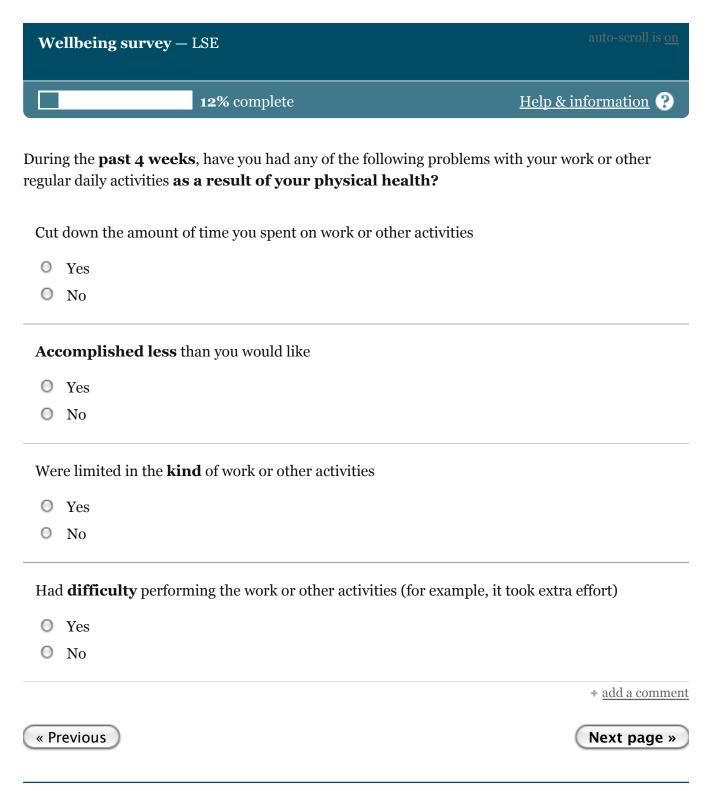
O Yes, limited a lot	O Yes, limited a little	O No, not limited at all	auto-scroll is <u>on</u>		
Walking more tha	n a mile				
O Yes, limited a lot	O Yes, limited a little	O No, not limited at all			
Walking several b	locks				
O Yes, limited a lot	O Yes, limited a little	O No, not limited at all			
Walking one block	ζ.				
O Yes, limited a lot	O Yes, limited a little	O No, not limited at all			
Bathing or dressing yourself					
O Yes, limited a lot	O Yes, limited a little	O No, not limited at all			

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Help & information ?

18% complete

These questions are about how you feel and how things have been with you **during the past 4 weeks**. For each question, please give the one answer that comes closest to the way you have been feeling.

How much of the time during the **past 4 weeks**...

Did you feel full of enthusiasm?						
All of the time	Most of the time	O A good bit of the time	Some of the time	O A little of the time	None of the time	
Have you been a	very nervous p	erson?				
O All of the time	O Most of the time	O A good bit of the time	Some of the time	O A little of the time	O None of the time	
Have you felt so	down in the dui	mps that nothing	could cheer you	ı up?		
O All of the time	Most of the time	O A good bit of the time	Some of the time	O A little of the time	O None of the time	
Have you felt cal	m and peaceful	?				
O All of the time	O Most of the time	O A good bit of the time	Some of the time	O A little of the time	O None of the time	
Did you have a lot of energy?						
O All of the time	O Most of the time	O A good bit of the time	Some of the time	O A little of the time	O None of the time	

O All of the time	Most of the time	A good bit of the time	Some of the time	O A little of the time	None of the time
Did you feel wor	n out?				
O All of the time	O Most of the time	O A good bit of the time	Some of the time	O A little of the time	O None of the time
Have you been a	happy person?				
O All of the time	Most of the time	O A good bit of the time	Some of the time	O A little of the time	O None of the time
Did you feel tired	1?				
All of the time	Most of the time	A good bit of the time	Some of the time	A little of the time	None of the time
					• add a comment
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Here are a number of words that describe different feelings and emotions.

For each item, please indicate to what extent you have felt this way **during the past few weeks**.

Interested				
O Very slightly or not at all	O A little	O Moderately	O Quite a bit	O Extremely
Distressed				
O Very slightly or not at all	O A little	O Moderately	O Quite a bit	O Extremely
Excited				
O Very slightly or not at all	O A little	O Moderately	O Quite a bit	O Extremely
Upset				
O Very slightly or not at all	O A little	O Moderately	O Quite a bit	O Extremely
Strong				
O Very slightly or not at all	O A little	O Moderately	Quite a bit	O Extremely

O Very slightly or not at all	O A little	O Moderately	O Quite a bit	auto-scroll is <u>on</u> Extremely
Scared				
O Very slightly or not at all	O A little	O Moderately	O Quite a bit	O Extremely
Hostile				
O Very slightly or not at all	O A little	O Moderately	O Quite a bit	O Extremely
Enthusiastic				
O Very slightly or not at all	O A little	O Moderately	O Quite a bit	O Extremely
Proud				
O Very slightly or not at all	O A little	O Moderately	O Quite a bit	O Extremely
Irritable				
O Very slightly or not at all	O A little	O Moderately	O Quite a bit	O Extremely
Alert				
O Very slightly or not at all	O A little	O Moderately	O Quite a bit	O Extremely

Ashamed

O Very slightly or not at all	O A little	O Moderately	Q Quite a bit	O Extremely
Inspired				
O Very slightly or not at all	O A little	O Moderately	O Quite a bit	O Extremely
Nervous				
O Very slightly or not at all	O A little	O Moderately	Q Quite a bit	O Extremely
Determined				
O Very slightly or not at all	O A little	O Moderately	Quite a bit	O Extremely
Attentive				
O Very slightly or not at all	O A little	O Moderately	O Quite a bit	O Extremely
Jittery				
O Very slightly or not at all	O A little	O Moderately	Q Quite a bit	O Extremely
Active				
0	0	0	0	0

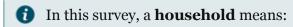
Very slightly or not at all	A little	Moderately	Quite a bit	auto-scroll is <u>on</u> Extremely
Afraid				
O Very slightly or not at all	O A little	O Moderately	Quite a bit	O Extremely
« Previous				• add a comment Next page »

Have you ever been told by a doctor that you have asthma?	auto-scron is <u>on</u>
O Yes	
O No	
Have you ever been told by a doctor that you have a heart or lung disease (other	than asthma)?
O Yes	
O No	
Do you ever smoke cigarettes?	
O Yes	
O No	
How many portions of fruit and vegetables do you usually eat a day?	
Please do not count potatoes or grains. Please do count pure juices, tinned, frozen and dried fruit and vegetables, and fruit and veget foods.	ables found in other
O Fewer than 1 a day	
○ 1 – 2 a day	
O 3 – 4 a day	
O 5 a day or more	
How much sleep did you get in the past 24 hours , to the nearest half hour?	
Please select	
How much sleep do you estimate that you typically get, per day?	
Please select	
	◆ add a comment
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You're over one third of the way through the survey. We really appreciate your

These questions are about the place where you usually live.

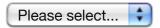
Is ye	our household's accommodation	
0	a house or bungalow	
0	a flat or maisonette	
0	a room (or rooms)	
0	or something else?	
Whi	ch of these best describes your tenure here?	
0	Own outright	
0	Buying with the help of a mortgage or loan	
0	Rent	
0	Pay part rent and part mortgage (shared ownership)	
0	Live rent-free (excluding squatting)	
0	Squatting	
0	Other arrangement	
Hov	v long have you lived in this accommodation?	
0	Less than 12 months	
0	At least 12 months but less than 2 years	
0	At least 2 years but less than 5 years	
0	At least 5 years but less than 10 years	
0	At least 10 years but less than 20 years	
0	20 years or longer	
		• add a comment
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- one person living alone, or
- a group of people living at the same address who share common housekeeping or a living room.

How many adults (aged 16 or over) live in your household?

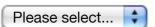
Please include yourself.



And how many children (aged 15 or under) live in your household?



How many rooms does your household have the use of, not counting bathrooms and toilets?



On what floor of the building as a whole is your main living space?

If your main living space is on more than one floor, please choose the highest.

- Basement or semi-basement
- Ground floor (street level)
- 1st floor
- 2nd floor
- O 3rd floor
- 4th 9th floor
- 10th floor or higher

Do you have double glazing?

Please count only factory-made sealed units.

- Yes—in all windows
- O Yes—in some windows, but not all

0	No—none	auto-scroll is <u>on</u>
Do	es your home have any of the following problems?	
Plea	se tick all that apply.	
	Mould growth (at least hand-sized patches) on walls or carpets	
	Heating that doesn't keep you warm enough in winter	
	Serious draughts due to poorly fitting windows or doors	
	Insect infestation (e.g. moths, cockroaches, bedbugs or fleas)	
	Lack of natural light	
	None of the above	
		+ add a comment
« P	revious	Next page »

43% complete

Help & information ?



How satisfied are you with the area in which you live?

Extremely Extremely dissatisfied satisfied 0 0 0 0 0 0 0 0 0 0 0 6 8 0 1 2 3 5 9 10

How safe do you — or would you — feel walking alone in this area after dark?

- Very safe
- Fairly safe
- A bit unsafe
- Very unsafe

How often do you usually speak to your neighbours?

- Every day
- Several times a week
- Once a week
- Several times a month
- Once a month
- Less than once a month
- Never

Below are some things that can cause problems for people in their area. Which of these are problems in the area where you live?

Air pollution

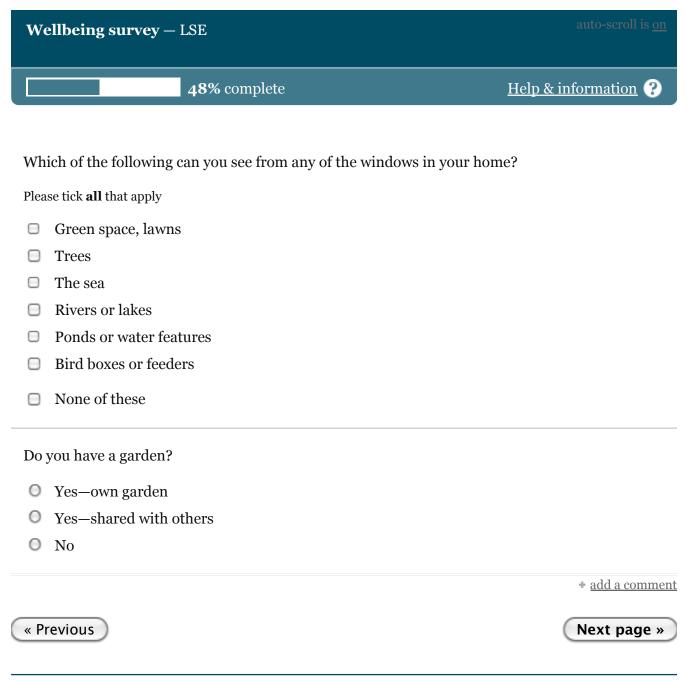
0 A serious problem

0 A problem, 0

Not a problem but not serious

Noise from road traffic and trains





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In the **past 3 months**, approximately how many times have you spent any time in countryside, coastal sites or gardens **owned by the National Trust**?

Please **include** visits to National Trust properties that comprise a house and gardens where you spent some time visiting the gardens.

- O None
- Once or twice
- \bigcirc 3 5 times
- 6 11 times
- 0 12 times or more

In the **past 3 months**, approximately how many times have you spent any time in an RSPB reserve?

The RSPB is the Royal Society for the Protection of Birds.

- None
- Once or twice
- 3 5 times
- 6 11 times
- 12 times or more

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55% complete

Help & information ?



The UK has 15 National Parks:

- Brecon Beacons
- Broads
- Cairngorms
- Dartmoor
- Exmoor
- Lake District
- Loch Lomond
- New Forest
- Northumberland
- North York Moors
- Peak District
- Pembrokeshire Coast
- Snowdonia
- South Downs
- Yorkshire Dales



In the past 3 months, approximately how many times have you spent any time in a UK National Park?



1 It's no problem if visits you include on this page overlap with those on the previous page.

For example, if you've visited National Trust gardens within a National Park, please include those visits in both totals.

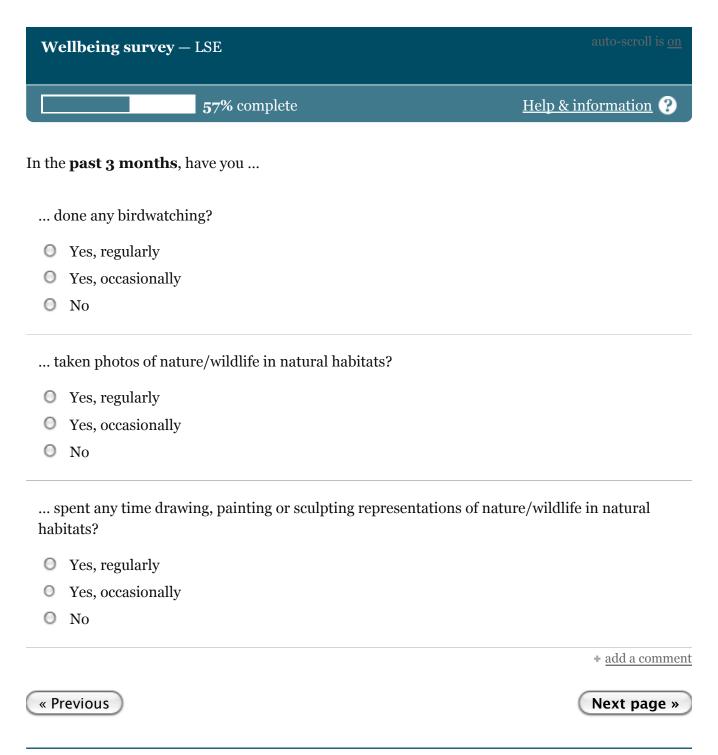
- I live in a National Park
- None
- Once or twice
- 3 5 times
- 6 11 times
- 12 times or more

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Over the **past 3 months**, how often have you typically spent any time in your **own garden**?

- Every day
- Several times a week
- Once a week
- Several times a month
- Once a month
- Less than once a month
- Never

Over the past 3 months, approximately how much money would you say you spent on garden products such as plants, trees and seeds, bird boxes and bird feed, and pond plants, fish or fish food?

- No money
- O £24 or less
- 0 £25 £49
- O £50 £99
- 0 £100 £249
- O £250 £499
- O £500 or more
- Don't know

Over the past 3 months, how often have you typically spent any time in cemeteries or church gardens?

- Every day
- Several times a week
- Once a week
- Several times a month
- Once a month
- Less than once a month
- Never

Over the **past 3 months**, how often have you typically spent any time in **open countryside or** farmland?

rese	rves, mentioned in earlier questions.
0	Every day
0	Several times a week
0	Once a week
0	Several times a month
0	Once a month
0	Less than once a month
0	Never
liste	er the past 3 months , how often have you spent any time in any other green spaces (not ed above)? See could include urban parks, recreation grounds, village greens, golf courses, and others.
0	Every day
0	Several times a week
0	Once a week
0	Several times a month
0	Once a month
0	Less than once a month
0	Never
	+ add a comment
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	nking about the time you spend in the open countryside , which of these habitat types ald you say you spend most time in ?	
Pleas	se tick up to 5 .	
	Coastal: saltmarsh, sand dunes, vegetated shingle, cliffs and slopes	
	Freshwater: rivers, lakes, ponds, reservoirs	
	Woodland: woods and forests	
	Grassland: meadows, pastures, grazing land	
	Heathland: with dwarf shrubs such as heather and gorse	
	Wetland: marshes, fens, bogs and reedbeds	
	Upland: hilly and mountainous areas	
	Farmland: land planted with crops	
« Pr	* add a comme	

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67% complete

Help & information ?



In the past 12 months, approximately how much time in total have you spent watching BBC TV programmes featuring nature/wildlife in the UK (such as Springwatch, Autumnwatch, Coast, Wild Wales, and so on)?

These could have been on broadcast TV, iPlayer or DVD.

- O No time
- Up to 6 hours (30 mins per month)
- Up to 12 hours (1 hour per month)
- Up to 24 hours (2 hours per month)
- O Up to 36 hours (3 hours per month)
- Up to 48 hours (4 hours per month)
- More than 48 hours
- Don't know

How much would you be willing to pay as part of your current BBC licence fee for such programmes to be made?

- O Nothing
- O £0.99 or less
- © £1.00 £1.99
- 0 £2.00 £4.99
- 0 £5.00 £9.99
- O £10.00 £19.99
- © £20.00 £49.99
- © £50.00 £74.99
- £75.00 £99.99
- £100.00 or more
- Don't know

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The next few pages will ask about the time you spent being physically active in the **last 7 days**. Please answer each question even if you do not consider yourself to be an active person.

Please think about the activities you do at work, as part of your house and yard work, to get from place to place, and in your spare time for recreation, exercise or sport.



Think about all the **vigorous** and **moderate** activities that you did in the **last 7 days**.

- **Vigorous** physical activities refer to activities that take hard physical effort and make you breathe much harder than normal.
- **Moderate** activities refer to activities that take moderate physical effort and make you breathe somewhat harder than normal.

Do you currently have a job or do any unpaid work outside your home?

This **includes** paid jobs, farming, volunteer work, course work, and any other unpaid work that you did outside your home. **Do not include** unpaid work you might do around your home, like housework, yard work, general maintenance, and caring for your family.

O Yes

O No

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The next questions are about all the physical activity you did in the **last 7 days** as part of your paid or unpaid work. This does not include travelling to and from work.

During the **last 7 days**, on how many days did you do **vigorous** physical activities like heavy lifting, digging, heavy construction, or climbing up stairs **as part of your work?** Think about only those physical activities that you did for at least 10 minutes at a time.

- 0 1 day per week
- O 2 days per week
- O 3 days per week
- 4 days per week
- 5 days per week
- 6 days per week
- O 7 days per week
- No vigorous job-related activity

How much time did you usually spend on one of those days doing **vigorous** physical activities as part of your work?

- Less than 30 minutes
- O 30 minutes but less than 60 minutes
- 60 minutes but less than 90 minutes
- O 90 minutes but less than 2 hours
- 2 hours but less than 4 hours
- 4 hours but less than 6 hours
- 6 hours or more

Again, think about only those physical activities that you did for at least 10 minutes at a time. During the **last 7 days**, on how many days did you do **moderate** physical activities like carrying light loads **as part of your work**? Please do not include walking.

- 0 1 day per week
- 2 days per week
- 3 days per week
- 4 days per week

0	5 days per week auto-scroll is on			
0	6 days per week			
0	7 days per week			
0	No moderate job-related activity			
How much time did you usually spend on one of those days doing moderate physical activities as part of your work?				
0	Less than 30 minutes			
0	30 minutes but less than 60 minutes			
0	60 minutes but less than 90 minutes			
0	90 minutes but less than 2 hours			
0	2 hours but less than 4 hours			
0	4 hours but less than 6 hours			
0	6 hours or more			
	ing the last 7 days, on how many days did you walk for at least 10 minutes at a time as t of your work? Please do not count any walking you did to travel to or from work. 1 day per week 2 days per week 3 days per week 4 days per week 5 days per week			
0	6 days per week			
0	7 days per week			
0	No job-related walking			
Hov	w much time did you usually spend on one of those days walking as part of your work?			
0	Less than 30 minutes			
0	30 minutes but less than 60 minutes			
0	60 minutes but less than 90 minutes			
0	90 minutes but less than 2 hours			
0	2 hours but less than 4 hours			
0	4 hours but less than 6 hours			
0	6 hours or more			

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These questions are about how you traveled from place to place, including to places like work, shops, movies, and so on.

During the **last** 7 **days**, on how many days did you **travel in a motor vehicle** like a train, bus, car or tram?

- 0 1 day per week
- 2 days per week
- 3 days per week
- 4 days per week
- O 5 days per week
- 6 days per week
- 7 days per week
- No travelling in a motor vehicle

How much time did you usually spend on one of those days **travelling** in a train, bus, car, tram, or other kind of motor vehicle?

- Less than 30 minutes
- O 30 minutes but less than 60 minutes
- 60 minutes but less than 90 minutes
- 90 minutes but less than 2 hours
- 2 hours but less than 4 hours
- 4 hours but less than 6 hours
- 6 hours or more

Now think only about the **bicycling and walking** you might have done to travel to and from work, to do errands, or to go from place to place.

During the **last 7 days**, on how many days did you **bicycle** for at least 10 minutes at a time to go **from place to place**?

- 0 1 day per week
- O 2 days per week
- O 3 days per week

0	4 days per week auto-scroll is <u>on</u>		
0	5 days per week		
0	6 days per week		
0	7 days per week		
0	No bicycling from place to place		
How much time did you usually spend on one of those days to bicycle from place to place?			
0	Less than 30 minutes		
0	30 minutes but less than 60 minutes		
0	60 minutes but less than 90 minutes		
0	90 minutes but less than 2 hours		
0	2 hours but less than 4 hours		
0	4 hours but less than 6 hours		
0	6 hours or more		
	ing the last 7 days, on how many days did you walk for at least 10 minutes at a time to go m place to place? 1 day per week 2 days per week 3 days per week 4 days per week 5 days per week 6 days per week		
0	7 days per week		
0	No walking from place to place		
Hov	w much time did you usually spend on one of those days walking from place to place?		
0	Less than 30 minutes		
0	30 minutes but less than 60 minutes		
0	60 minutes but less than 90 minutes		
0	90 minutes but less than 2 hours		
0	2 hours but less than 4 hours		
0	4 hours but less than 6 hours		
0	6 hours or more		

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This section is about some of the physical activities you might have done in the **last 7 days** in and around your home, like housework, gardening, yard work, general maintenance work, and caring for your family.

Think about only those physical activities that you did for at least 10 minutes at a time. During the **last 7 days**, on how many days did you do **vigorous** physical activities like heavy lifting, chopping wood, shoveling snow, or digging **in the garden or yard**?

- O 1 day per week
- O 2 days per week
- O 3 days per week
- 4 days per week
- 5 days per week
- 6 days per week
- 7 days per week
- No vigorous activity in garden or yard

How much time did you usually spend on one of those days doing **vigorous** physical activities in the garden or yard?

- Less than 30 minutes
- O 30 minutes but less than 60 minutes
- 60 minutes but less than 90 minutes
- O 90 minutes but less than 2 hours
- 2 hours but less than 4 hours
- 4 hours but less than 6 hours
- 6 hours or more

Again, think about only those physical activities that you did for at least 10 minutes at a time. During the **last 7 days**, on how many days did you do **moderate** activities like carrying light loads, sweeping, washing windows, and raking **in the garden or yard**?

- 0 1 day per week
- 2 days per week
- O 3 days per week

0	4 days per week auto-scroll is <u>on</u>		
0	5 days per week		
0	6 days per week		
0	7 days per week		
0	No moderate activity in garden or yard		
How much time did you usually spend on one of those days doing moderate physical activities in the garden or yard?			
0	Less than 30 minutes		
0	30 minutes but less than 60 minutes		
0	60 minutes but less than 90 minutes		
0	90 minutes but less than 2 hours		
0	2 hours but less than 4 hours		
0	4 hours but less than 6 hours		
0	6 hours or more		
tim	the again, think about only those physical activities that you did for at least 10 minutes at a set. During the last 7 days, on how many days did you do moderate activities like carrying at loads, washing windows, scrubbing floors and sweeping inside your home? 1 day per week 2 days per week 3 days per week 4 days per week 5 days per week 6 days per week 7 days per week No moderate activity inside home		
	w much time did you usually spend on one of those days doing moderate physical activities de your home?		
0	Less than 30 minutes		
0	30 minutes but less than 60 minutes		
0	60 minutes but less than 90 minutes		
0	90 minutes but less than 2 hours		
0	2 hours but less than 4 hours		
0	4 hours but less than 6 hours		

O 6 hours or more

add a comment

Wext page **



This section is about all the physical activities that you did in the **last 7 days** solely for recreation, sport, exercise or leisure.



Please do not include any activities you have already mentioned.

Not counting any walking you have already mentioned, during the **last 7 days**, on how many days did you walk for at least 10 minutes at a time in your leisure time?

- 0 1 day per week
- 2 days per week
- 3 days per week
- 4 days per week
- 5 days per week
- O 6 days per week
- 7 days per week
- No walking in leisure time

How much time did you usually spend on one of those days walking in your leisure time?

- O Less than 30 minutes
- 30 minutes but less than 60 minutes
- 0 60 minutes but less than 90 minutes
- 90 minutes but less than 2 hours
- 2 hours but less than 4 hours
- 4 hours but less than 6 hours
- 6 hours or more

And for how much of this time you spent walking in your leisure time were you out in the countryside or other green spaces?

- All of this time
- Most of this time
- Some of this time
- A little of this time

Think about only those physical activities that you did for at least 10 minutes at a time. During the last 7 days , on how many days did you do vigorous physical activities like aerobics, running, fast bicycling, or fast swimming in your leisure time ?			
0	1 day per week		
0	2 days per week		
0	3 days per week		
0	4 days per week		
0	5 days per week		
0	6 days per week		
0	7 days per week		
0	No vigorous activity in leisure time		
How much time did you usually spend on one of those days doing vigorous physical activities in your leisure time?			
0	Less than 30 minutes		
0	30 minutes but less than 60 minutes		
0	60 minutes but less than 90 minutes		
0	90 minutes but less than 2 hours		
0	2 hours but less than 4 hours		
0	4 hours but less than 6 hours		
0	6 hours or more		
And for how much of this time you spent doing vigorous activity in your leisure time were you out in the countryside or other green spaces ?			
0	All of this time		
0	Most of this time		
0	Some of this time		
0	A little of this time		
0	None of this time		

auto-scroll is on

None of this time

Again, think about only those physical activities that you did for at least 10 minutes at a time. During the **last 7 days**, on how many days did you do **moderate** physical activities like bicycling at a regular pace, swimming at a regular pace, and doubles tennis in your **leisure** time?

0	1 day per week auto-scroll is <u>on</u>
0	2 days per week
0	3 days per week
0	4 days per week
0	5 days per week
0	6 days per week
0	7 days per week
0	No moderate activity in leisure time
	v much time did you usually spend on one of those days doing moderate physical activities our leisure time?
0	Less than 30 minutes
0	30 minutes but less than 60 minutes
0	60 minutes but less than 90 minutes
0	90 minutes but less than 2 hours
0	2 hours but less than 4 hours
0	4 hours but less than 6 hours
0	6 hours or more
	for how much of this time you spent doing moderate physical activites in your leisure time e you out in the countryside or other green spaces ?
0	All of this time
0	Most of this time
0	Some of this time
0	A little of this time
0	None of this time
	+ add a comment
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These questions are about the time you spend sitting while at work, at home, while doing course work and during leisure time. This may include time spent sitting at a desk, visiting friends, reading or sitting or lying down to watch television.

① Do not include any time spent sitting in a motor vehicle that you have already mentioned.

During the **last 7 days**, how much time did you usually spend **sitting** on a **weekday**?

- Less than 30 minutes
- 30 minutes but less than 60 minutes
- 60 minutes but less than 90 minutes
- 90 minutes but less than 2 hours
- 2 hours but less than 4 hours
- 4 hours but less than 6 hours
- 6 hours or more

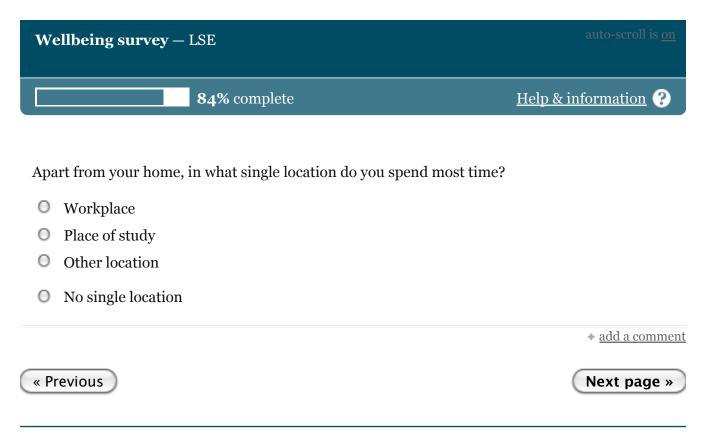
During the last 7 days, how much time did you usually spend sitting on a weekend day?

- Less than 30 minutes
- 30 minutes but less than 60 minutes
- 60 minutes but less than 90 minutes
- 90 minutes but less than 2 hours
- 2 hours but less than 4 hours
- 4 hours but less than 6 hours
- 6 hours or more

• add a comment

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85% complete

Help & information ?



What is the full postcode of your workplace?

e.g. SW1A 1AA

About how much time does it usually take for you to get to your workplace each day, door to door?

- Less than 15 minutes
- 15 29 minutes
- 30 44 minutes
- 45 59 minutes
- An hour or more

Which of these means of transport do you usually use to travel to and from your workplace?

Please tick all that apply.

- Train (above ground)
- Underground train (tube, metro)
- Bus, minibus or coach (public or private)
- Motorcycle, scooter or moped
- Driving a car or van
- Passenger in a car, van or taxi
- Bicycle
- Walking (or running) for at least 5 minutes
- None of the above

On what floor of the building as a whole do you spend most time in your workplace?

- Basement or semi-basement
- Ground floor (street level)
- 1st floor 0
- 2nd floor
- 3rd floor

0

	4th – 9th floor	auto-scroll is <u>on</u>
0	10th floor or higher	
0	No single floor	
Which of the following can you usually see from inside your workplace?		
Please tick all that apply.		
	Green space, lawns	
	Trees	
	The sea	
	Rivers or lakes	
	Ponds or water features	
	Bird boxes or feeders	
	None of these	
		• add a comment
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Please take a moment to think of any groups, clubs or organisations you take part in. These could be youth groups, sports clubs or pub teams, religious groups, evening classes, choirs, book groups, or any other groups, clubs or organisations.

In the past 12 months, how often did you take part in all groups, clubs or organisations like this combined?

- At least once a week
- At least once a month
- At least once every three months
- At least once every six months
- Less often
- Never

In the past 12 months, how often did you get involved in work for voluntary or charitable organisations?

- At least once a week
- At least once a month
- At least once every three months
- At least once every six months
- Less often
- Never

And in the past 12 months, how often did you help with or attend activities organised in your local area?

- At least once a week
- O At least once a month
- At least once every three months
- At least once every six months
- Less often
- Never

Is there a car or van normally available for use by you or any members of your household?

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	+ add a comment
O No	
O Yes—a car club car or van	
Yes—a privately owned car or van	auto-scroll is <u>on</u>

Do you have any children?

- Yes—more than one
- O Yes—one
- No—none

What qualifications do you have?

These may be educational, professional, vocational or other work-related qualifications.

- Qualifications at degree level or above
- Qualifications below degree level
- No qualifications

• add a comment

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1 The wellbeing effect of income, relative to other factors, is an important part **of our research**, so we would be very grateful for your answers here. Please be assured that your information is confidential.

Remember that in this survey a **household** means:

- one person living alone, or
- a group of people living at the same address who share common housekeeping or a living room.

What is your **household's** total gross annual income? This is:

- for all household members,
- from all sources (earnings, benefits, investments, etc.), and
- before taxes and National Insurance.

If you are not certain of an amount, please give your best estimate.



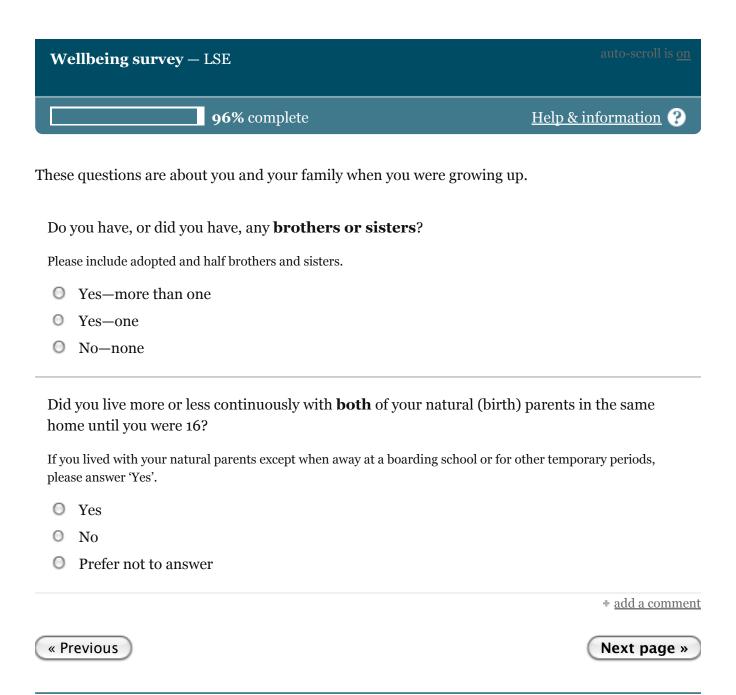
And what is your own **individual** total gross annual income? Again, this is:

- from all sources (earnings, benefits, investments, etc.), and
- before taxes and National Insurance.

If you are not certain of an amount, please give your best estimate.



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Finish and submit answers »

100% complete

Thank you

Many thanks for taking the time to complete this survey. We hope you found it interesting.

Find out more

Results from our study will be posted here—http://uk.wellbeingsurvey.org.uk/—as soon as they're available.

In the meantime, you can find out more about wellbeing and wellbeing research from these sources, amongst others:

- Centre for Confidence and Wellbeing
- New Economics Foundation
- Foresight Programme of the UK Government

Questions or comments?

If you have any questions or comments, please contact us:

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or Dr Susana Mourato, email <u>s.mourato@lse.ac.uk</u>, tel. 020 7955 7718

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